TEAM IMPACT

"Little Things"

1. A quick shower or brushing your teeth before game time can help you feel refreshed.

2. Have an athletic bag for all your equipment. In it, keep your shoes, glove, a ball, extra shoelaces and spikes (if removable), eye black, sunglasses, sunscreen, and a change of socks and underwear. Pitchers should have rosin and extra toe plate if necessary.

3. Always have a jacket or sweat shirt available.

4. Always know where your glove is. When coming off the field, players should all keep their gloves together.

5. Keep your glove free of dirt, oiled and wrapped when not in use. There is a proper way to break in a glove. Learn how.

6. If you are prone to blisters, wear two pair of socks.

7. Do not eat sweets, junk food or soda pop or other sugary, caffinated drinks before or between games.

8. Always drink lots of water. It is best to use your own cup to prevent getting someone else's cold.

9. Defensively, know what part of the order is coming to bat and their tendencies before you take the field.

10. Before each pitch, know where the throw will go if the ball comes to you.

11. Shade your defense to the batter's strength when the pitcher is behind in the count, to the oppos1te field when the pitcher is ahead.

12. Watch the batter's hands. If she chokes up, you shallow up.

13. Outfielders charge from deep positioning, rotate to backup on shallow positioning on bunts.

14. Rotate on contact by the batter, except on steals and pick offs.

15. Catcher, stay low so the pitcher keeps the ball down and the ump can see the pitch.

16. With runners on, the catcher will lower her shoulders, raise her butt; stay in spring position, and anticipate a bunt or steal.

17. A team will be as successful as a catcher's mind and mouth.

18. If you are throwing the ball, ***throw the ball!***

19. Catcher, stay home on throws home. Do not reduce the distance on the baseline.

20. Nothing happens without the ball, so watch it!

21. Catcher, get down the line to back up first with no one on.

22. When throws or hits are below your waist, get your fingers pointing down.

23. Get your lead foot down before releasing the ball.

24. Point your lead foot in the direction of the throw.

25. The basic body motion for sports, including softball throwing, pitching and hitting, is 2-4-2. learn and master it.

26. Watch the ball into the glove.

27. Take the ball out of the glove.

28. Throw to the base, not a person.

29. Always look for the second play.

30. Outfielders, on the gap shot, always make that first step a deep crossover/drop step.

31. On outfield balls hit right at you, the first step is back.

32. Learn FROCC – force - run differential – outs – count - cut-off.

34. First baseman, start your stretch after the fielder has released the throw.

35. Take pickoff throws facing the infield

36. Short & Second, get to the outfield on fly balls!

37. When given the choice of breaking early or positioning closer, position closer .

38. If you don't know the play, call time out and ask.

39. Bench people MUST call the steals.

40. Batter when the steal is on stand deep in the box & crowd the plate to force the catcher back

41. When the bunt is on, get to the front of the box.

42. Relaxation is a God, and tension the devil.

43. Execute the play the catcher calls-

44. Obey your base coach at all times.

45. Know where a runner's point of no return is, as well as yours.

46. If able, kick bases out toward foul when leaving the field, and into fair when taking the field.

47. When a runner goes by your base, make sure she touches it.

48. Fielders to the rear have priority on fly balls. The shortstop usually takes priority on infield pop-ups. The outfield always has priority over the infield, and the centerfield has priority over other outfielders.

49. Call for fly balls only when you know you can catch them.

50. Once you call a fly, catch it.

51. If you don't call it, it isn't a catch.

52. Batters run on the foul side of the line going to first.

53. Runners lead off in foul territory running from third. Return in fair.

54. Slide away from tags.

55. Slide into the paths of throws (when the ball is still in the air).

56. Pick up slow rollers and dead balls with one hand by pushing straight down on ball for a solid grip.

57. A crossover step requires an quick pivot and aggressive crossover.

58. Second basemen and shortstops, square the bag when taking throws at Second.

59. Get one out before you try for two.

60. Be quick, but don't hurry.

61. Outfielders, on tag-ups, catch the ball while you are moving toward the infield.

62. On deck batters, help the runner coming home.

63. Batters, stay in the box on passed balls and pretend to get out of the way, but don't help the catcher to an easy throw.

64. Use the take sign to set something up.

65. Turn your back to the inside pitch.

66. Respect your opponents.

67. Stride up the middle only after the ball leaves the pitcher's hand.

68. When batting, you must get back before you go forward.

69. Throw your hands with a dominant top hand at the ball.

70. Start your swing from the launch zone.

71. Once you start your swing, ***attack the ball!***

72. See the seams of the ball.

73. When up in the box, expect a fastball.

74. The first secret to hitting is to know the situation and make wise decisions.

75. Box pitches when the count is 0-0,2-0, and 3-1.

76. Never swing at pitches when you are fooled with less than two strikes (unless you have a special signal).

77. On 3-2 pitches, think of the "2".

78. Don't always take the first pitch.

79. Use a rolling lead at first and second.

80. Pitchers never apologize or look pleased when you hit a batter.

81. Batters, act like it really hurts when a pitch hits you.

82. On balls pitched in the dirt, jump or hop into the ball.

83. Learn the pitcher's, batter's and umpire's strike zones and the significance they play in the game.

84. The bunt & run is a two base play.

85. Batter, slide at first on bunt & run or on infield hits with runners on.

86. Know when to be daring and when to be smart.

87. On 3-2 pitches with two out, the base runners are moving on the pitch.

88. Runners on third with less than two out, ALWAYS tag up when the ball is hit in the air.

89. All runners, with less than two out, tag up on foul fly balls.

90. Make sure line drives get through before breaking to the next base.

91. Go two bases unless stopped when the ball is hit with two outs.

92. Keep contact with a base after a slide until the coach is given time or tells you to get up if a play is being made on you.

93. Players and coaches may request time, but only the umpire may grant time.

94. Run out third strikes until called out.

95. With a runner on third and the runner on first stealing or walking but going to second. Get into a rundown if a play is made on you with two out so the runner on third can score.

96. When there are runners on second and third, all runners will attempt to advance on a ground ball, unless otherwise instructed.

97. Slide on steals, squeezes and sacrifices, and anytime the ball is in the air toward the base you are heading.

98. On relays and throws, always turn toward your glove.

99. First baseman, fake a throw when the "cut" goes through.

100. First baseman, you must call whether a runner is advancing or not and signal the catcher pick.

101. Pitcher, cover second when both short and second go into the outfield.

102. Pitcher, cover first on balls hit to the right side.

103. Pitcher, cover home when the catcher leaves the plate, including wild pitches.

104. Subs, be into the game and ready when called upon.

105. Second basemen, take bunt throws coming across first toward the plate.

106. Use number to indicate bases and words to indicate players.

107. Call "CUT" for cutoffs.

108. When an outfielder turns her back, use the relay.

109. Relay person looks over the shoulder of her glove hand peripherally to to stay lined up.

110. On cut-offs, always cut the throw if there is no chance for an out.

111. A two run lead, with one out takes away the bunt in the last inning.

112. Keep the force in play with a big lead.

113. Yell, "TAG" when the force is off on the back end of double plays.

114. On tag plays at any base, put the ball inside the glove on the ground in front of the base, then raise it high after the tag or near tag to get the out call.

115. Make the routine plays extraordinarily well.

116. Play within yourself.

117. Do your job, not someone else's.

118. On rundowns, show the ball.

119. On rundowns, throw the ball when the runner is at point of no return, not before.

120. Fielders call for the ball when a runner gets to the point of no return.

121. When runners are caught between points of no return, run at them to make them commit before you throw.

122. God gave you two hands to make routine catches of softballs.

123. Fielders, don't turn your back or vacate base until pitcher has ball in circle and runners are on their bases.

124. Catcher, do not gather your equipment after a play until time is called.

125. Third baseman, back up tosses to the pitcher from the right side of the infield.

126. First baseman, back up throws to the pitcher from the left side of the infield.

126a. Players studying this list of little things go to the web site to find your easter egg at the bottom of the player info page.

127. Short or second must back up throwbacks to the pitcher from the catcher with runners on.

128. First and second, signal one another to be sure first if covered after every pitch with a runner on.

129. Third and short, signal one another to be sure third is covered after every pitch with a runner on.

130. Prearranged signals are negated if the batter squares to bunt.

131. Third and first basemen, as you move away from the plate, move off the line.

132. You can usually move back after two strikes because bunts will be more up the middle with two strikes.

133. Outfielders help other outfielders with depth calls.

134. Outfielders, call fences or obstacles.

135. When fielding near a fence, locate the fence with your hand, and then catch the ball.

136. Only first basemen and catchers use mitts.

137. Catcher, hide your signals from the opposition, including the base coaches.

138. Catcher & Pitcher, have an automatic check off for changeups if picked up by the opposition.

139. Drink water before you are thirsty on hot or humid days.

140. Take advantage of rest opportunities on those days when you have to play a lot of innings.

141. Practice is to get better, not done.

142. If you believe in yourself, no comment from anyone can hurt you.

143. If you are standing still on a pitch, you are doing something wrong.

144. Learn the playbook completely. You don't know what position you might be asked to play.

145. If you care, you will be on time.

146. Every error has a biomechanical cure.

147. Whether you believe you can or can't, you will be right.

148. When in doubt, slide!

149. With two strikes and asked to protect the plate, get closer to the plate and foul off the close pitches you don't like.

150. Do whatever you have to do to get the runner in from third.

151. It's not simply the will to win that makes a champion. It is the will to prepare to win.

152. Use the biggest bat you can effectively handle. It will make the ball travel further.

154. ***Yes you can !!!***

155. Catchers, don't dance with the runner; get rid of the ball.

156. Catchers, a fake pump will freeze or force a runner with a big lead to commit. If she goes back, do nothing. If she freezes, throw behind her, If she goes, get her.

157. If you are a runner on a big lead, go back if there is a pump fake.

158. Attempt a double when you hit a fly ball with no one on. Do not assume you will be out.

159. When on base, always watch the ball. You will miss an opportunity if you don't.

160. Be ready to run when the catcher turns to pick up her equipment.

161. On a walk with the ball held by the pitcher in the circle and you on third. You cannot step off the base unless the ball is thrown or a pump fake is made or you will be out.

162. When fielding ground balls in the infield at short or second, let the runner run into you. It will be an automatic out.

163. Fielders, the play is at first if the lead runner is going on the pitch.

164. Starters, swelled heads eventually explode.

165. Subs, work hard, take advantage of your opportunities, never be satisfied with sitting, but always support the team in a positive manner

166. Someone must help warm-up the outfield every inning.

167. Someone must warm up the pitcher when the catcher is putting her equipment on.

168. You are permitted one minute between innings. Hustle on and off the field

169. Practice is never cancelled unless you are officially told it is cancelled.

170. When you slide, attack!

171. Outfielders use your glove to help block the sun, and try catching the ball at a slight angle.

172. When it is wet, balls will hug the grass.

173. Keep bat handles dry if it rains.

174. When playing the field, know where obstacle are and try to keep them in front of you so you don't back into them.

175. Work on those things you are good at to better.

176. Batters with runners on second or third and less then two outs, Hit the ball to the right side to score or advance the runners.

177. Always be prepared for the unexpected.

178. Cheer for your team but never cheer against your opponent.

179. Never ridicule your teammates, coaches, umpires or your opponent.

180. Win or Lose, always be a courteous sportswomen and congratulate your opponent on a well-played game.

If you have a “Little Thing” you want add, just email it to impactpa@comcast.net